

Abstract of the Disclosure

A training bat includes a handle having proximal and distal ends, an elongate ball-striking element having proximal and distal ends, and a connecting rod connected at the distal end of the handle for receiving the proximal end of the ball-striking element and detachably connecting thereto. The ball-striking element has a diameter no greater than one-half the diameter of a conventional baseball bat to provide a training effect as the bat is used to swing at a ball pitched to a batter. Weights may be removed and added as desired to change the weight of the bat by removing the ball-striking element from the connecting rod, placing the desired number of weights on the connecting rod and reconnecting the ball-striking element to the connecting rod. The training bat has the length and weight of a conventional bat to maximize the training bat's effectiveness in developing hitting ability.